

Spring & Summer Update – Osmani Primary School

January 2025 – July 2025



The Team

Therapy Team Manager	Eunice Laurel
Complex Case Therapist	Jennifer Cox
Complex Case Therapist	Francesca Croker
Trainee Therapist	Freda Kamanda
Trainee Therapist	Stephanie Canlan
Occupational Therapist	Maria Paisely-Nyarko
Occupational Therapy Trainee	Elric Doswell

“ I have seen a great deal of confidence gained and a movement towards a more grounded and kind view of their own mental health, which has had a big impact on how the children are able to feel safe in their own body and engage in their learning since working with UP!
Thank you to the UP Team!
Year 6 Teacher ”

“ Friendship lesson, is my favourite lesson.
I wish we could learn about friendships all day!
Year 2 child in a Wellbeing Group ”

Breakdown by Numbers

15	Children seen in 1:1 therapy	20	Children seen for Check-ins
223	Therapy sessions offered	30	Children seen for Speak Up's
2	Children seen for 6xTalkTime	33	Parent Meetings Attended
6	Children seen for OT	25	Teacher Meetings Attended
73	Children seen for Wellbeing Groups	15	Professional Meetings Attended

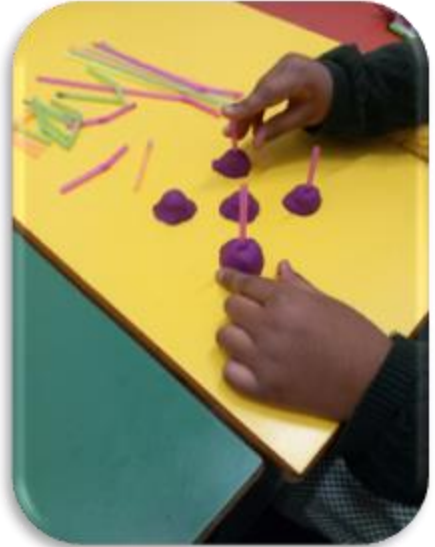
The Practice and Power of Rest

Over these last two terms, the Year 6 children have been hard at work preparing for their SATs. It was a pleasure to support their wellbeing, at what can be a challenging time, through using short 'brain break' sessions, guiding the children through body-centred relaxation techniques. The children practised body-scanning and breathing techniques, inviting their bodies and brains to momentarily 'switch off'. Many of the children reported using the techniques before bed to help them sleep, with a few teaching their younger siblings!

With continual access to information, the world often seems like it is constantly 'on'. Practicing rest and 'switching off', without the use of technology, will have long-term benefits for young minds and bodies.

Occupational Therapy

In the Spring Term we were delighted to have Marie from our Occupational Therapy team work with a small group of children from Year 2 and 6. Sessions worked on enhancing fine motor and motor planning skills, using straws and playdough. Through the intervention, children demonstrated a great use of bilateral integration and were able to problem solve to ensure they had enough playdough to support their structures. The children engaged well and were very proud of their results!



Wellbeing Groups

This term, UP facilitated two wellbeing groups for Year 2 and 4; focusing on strengthening social bonds. Both groups reflected on themes such as, 'what makes a good friend', and practiced essential social skills like turn-taking, sharing, collaboration, respect and boundary setting. Each session was facilitated using a mixture of movement, art-making, dance, discussion and play.

Staff Updates

I'm delighted to welcome Trainee Therapist Stephanie Canlan and Occupational Therapist Trainee Elric Doswell to the team. I am sure they will bring meaningful contributions to the school.

After three wonderful years as the Therapy Team Manager, I will also be leaving Osmani. I have very much valued my time here and being part of the community. I'll miss working in the school and wish you all the very best. Warm wishes, Eunice

